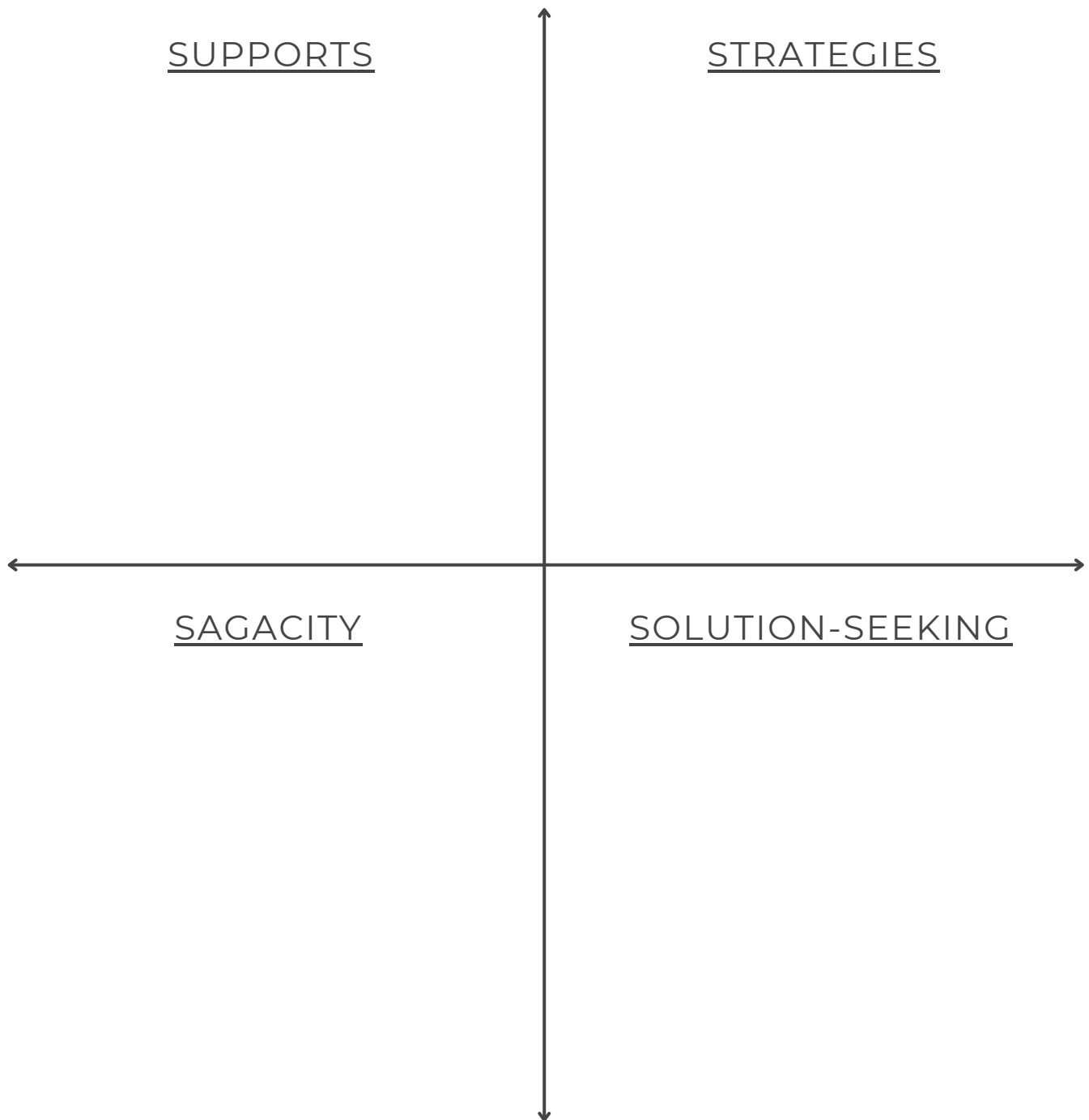


THE 4 S

RESILIENCE PLAN

- SUPPORTS ARE WHAT KEEP YOU UPRIGHT.
- STRATEGIES ARE WHAT KEEP YOU MOVING.
- SAGACITY IS WISDOM THAT GIVES YOU COMFORT AND HOPE.
- SOLUTION-SEEKING IS WHAT GETS YOUR THINKING UNSTUCK.



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